

# New Directions

Domestic Abuse Shelter and Rape Crisis Center

## WE BELIEVE YOU

### What is Sexual Assault Advocacy?

Sexual Assault Advocacy focuses on the physical and emotional safety of a survivor.

**New Directions** assists survivors by:

- Supporting choices without judgement
- Identifying strengths that encourage healing
- Building skills to nurture growth
- Providing services throughout the stages of a survivor's life

## WE HEAR YOU

### Sexual Assault Advocacy Includes:

- Hotline calls, in person sessions, and support groups
- Working to process experiences at the survivor's pace
- Meeting at the hospital for a sexual assault forensic exam
- In person support for police interviews and court hearings
- Assisting with basic needs and providing resources

**WE ARE HERE FOR YOU**  
**Call 740.397.HELP**

**All services are FREE  
and CONFIDENTIAL**

**New Directions Advocates  
are here to help you:**

- Express and process your experiences
- Embrace your voice
- Identify your strengths
- Regain power and control in your life
- Build skills to overcome your trauma
- Establish your own healthy coping skills

Advocacy can take place in a variety of spaces, across your lifespan, and throughout the stages of your healing process.



[www.newdirectionsknox.org](http://www.newdirectionsknox.org)